



# Programs

## Mentoring with Mish Futures

We pair our awesome mentors with young people aged 15-25 who are looking to make a positive change in their future.

Our mentors create safe, non-judgemental relationships, assisting young people to work towards their goals and dreams.

Mentors typically meet with clients on a weekly basis for about an hour and can even organise to meet on-site during school hours.



### Mentoring could look like:

- Creating and working towards goals
- Resumes and job search support
- Help getting 3 free driving lessons
- Getting ID documents
- Learning new skills
- Working on confidence



## Hangouts @ The Mish

Drop by and unwind in a relaxed, no-pressure environment where you can connect with others and enjoy a variety of games and activities. It's a fun, low-commitment way to engage with the Mish community! Anyone ages 12-25 are welcome to come along!

## Expressions (Creative Arts)

Unleash your imagination and dive into Expressions!

We offer a variety of hands-on workshops for young people aged 12-25, including painting, sewing, cooking and more. Participants will have the opportunity to explore their creativity, develop new skills, and connect with peers in a fun, supportive environment.

Whether you're into art, fashion, or cooking, our program provides the guidance and resources to help you grow and express yourself. Join us and discover your creative potential!

## Life Hacks

Ready to level up your skills for life?

The Mish's new Life Hacks program is here to give you the tools and knowledge to take control of your future! From budgeting to building healthy relationships, we've got it all covered! Life Hacks covers things such as:

- Cooking Budget Meals
- Money Management
- Mind and Body Health
- Resumes & Work Readiness

This program is all about practical skills that will help you navigate life with confidence and independence. Whether you're looking to save money, eat healthier, or get your first job, Life Hacks will give you the skills you need to succeed!

## Get in touch

Check out our website to refer yourself or others and to see times and dates for Mish programs.



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